

## NASA HEALTH PROMOTION AND WELLNESS (HPW) COMMITTEE

Minutes for: March 12, 2009

Attendance: "X" means present

ARC	<input type="checkbox"/>	HQ	<input checked="" type="checkbox"/>	DFRC	<input type="checkbox"/>
JPL	<input type="checkbox"/>	DYN	<input checked="" type="checkbox"/>	GSFC	<input checked="" type="checkbox"/>
JSC	<input checked="" type="checkbox"/>	KSC	<input checked="" type="checkbox"/>	MSFC	<input checked="" type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WFF	<input type="checkbox"/>
LRC	<input checked="" type="checkbox"/>	MAF	<input checked="" type="checkbox"/>	WSTF	<input checked="" type="checkbox"/>

### Welcome

Mae Hafizi

For your convenience, minutes are always color coded. Any thing in **red** requires your review, attention, and/or feedback. Today's guest speaker is Mary Kirkland, KSC Physical Rehabilitation Services.

### HPW Communication-

Mae Hafizi

*HealthierYou* 2009 update

### Mayo Clinic *EmbodyHealth*- Campaigns

- 1) My Weight Solution Campaign is set to start on March 23, 2009 with an end date of May 25, 2009. The promotional poster will be mailed to you today or tomorrow.
- 2) We plan to offer the Walk to Wellness Campaign in September 2009. If you missed the two Mayo Clinic WebEx presentations on My Weight Solutions I can provide you their pp presentation. Please call or email with any questions.
- 3) Agency wide completed Health Assessments (HA) excluding JSC: 1,048. JSC completed HAs: 3,497. JSC will present their integrated approach to Health Promotion at our September ViTs.

### Physical Medicine & Musculoskeletal Rehabilitation

Kennedy Space Center

Mary K. Kirkland, MS, ATC, LAT, CSCS

KSC RehabWorks was established in 1997 to provide free on-site physical medicine and rehabilitation for occupational, non-occupational, sports-related injuries, and post-surgical cases. In the past 12 years our operation has expanded from 100 sq ft to 1,500 sq ft.

Athletic trainers are licensed by each state to practice under a set of practice parameters. In the state of Florida, medical oversight is required.

Utilizing the Sports Medicine Model, RehabWorks' philosophy is to treat the employees as athletes. The mechanism of injury may differ, but the evaluation, treatment, and rehabilitation is identical to their counterparts in professional and collegiate sports.

The on-site advantages of our program are:

- 1) Prompt treatment of injuries,
- 2) Diminished travel time to and from therapy as KSC is remotely located,
- 3) Maintenance of the employee's normal work routine during the rehab process,
- 4) The unique combination of injury prevention, rehabilitation, education, and fitness/wellness that reduces workers' compensation costs while promoting a healthier workforce, and
- 5) Educational outreach with a particular emphasis on disease and injury prevention.

Additionally, RehabWorks has successfully assisted NASA and contractor organizations in achieving their VPP star status by positively contributing to their occupational safety metrics such as LTIR, LTISR, TCIR, and DARCIR.

We treat a variety of chronic and acute conditions such as those listed below. For a complete list please refer to the slides posted on

<http://ohp.nasa.gov/disciplines/hpromo/hpwTeam/meetings/index.html>

- Adhesive Capsulitis
- Osteoarthritis
- Degenerative Joint Disease
- Meniscectomy
- Rotator Cuff Repairs
- Subacromial Decompression/Mumford and
- Total Joint Replacement

Through the years, the IT staff was able to develop an electronic health records system utilizing FileMaker Pro software. This system does not interface with the Clinic's EHRS.

At the beginning, to introduce our services we took part in an extensive outreach program, both onsite and off. Our clients were, and remain, our best promoters. Not only they spread the word at KSC they advocate with local physicians telling them they rather be treated by us than off site rehab services. We utilize our website extensively <http://rehabworks.ksc.nasa.gov>. All of our educational pamphlets are posted online, so are our protocols for interested employees.

Making a business case for onsite RehabWorks has not been very difficult. Please refer to the detailed table in the pp slides. In short, based on an average loaded salary of \$85/hr (CS and Contractor averaged), multiplied by an estimated 3 work hours saved per visit, the total workforce payroll savings for not having to travel to an off-site physical therapy clinic has been \$3,612,284.

By estimating 3 work hours saved per visit, the total productive workforce man hours saved for not having to travel to an off-site physical therapy clinic has been 96,102 hours.

We also look at the decrease claim costs for not using offsite rehab services. Total savings for organizations not having to file a claim for rehabilitative services for 32,034 patient appointments has been \$4,106,555. Average cost is listed on the slides.

In summary, total cost avoidance since program's inception in 1997, is \$8,199,619. In addition to the monetary savings, this program provides the benefits of improving employee morale, enhanced case management, and reduced secondary referrals.

We also offer some medical products such as braces, moist heating pads, and orthotics. All monies are handled through NASA exchange.

Mary Kirkland's contact information is listed below. Please contact her with any questions.

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<http://rehabworks.ksc.nasa.gov>

### **Future ViTs**

June 11, 2009 at 11:00 AM EST

Larry Wier Ed.D. The effects of smoking on aerobic power (VO<sub>2</sub>max).

Meeting adjourned at 11:59 AM EST.

Respectfully submitted,

Mae Hafizi  
03/12/2009